

# NATURE-FOCUSED COPING STRATEGY

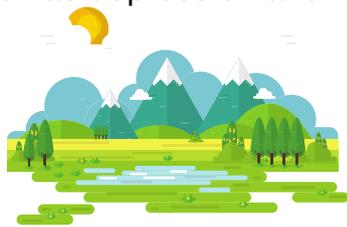
Hawaii's agricultural producers experience stress from many challenges including weather, pest/invasive species, fluctuating markets and finances, regulations, and succession planning, among many others. Research indicates that spending time in nature helps us to recover from physical stress and emotional weariness. It is one of the top coping strategies reported by Hawaii's agricultural producers in the 2021-2022 SOW's Needs Assessment.

## What is Nature-Focused Coping Strategy?

It is a coping strategy to use natural resources to reduce stress or regulate emotions.

### Research shows...

Berto's (2014) report shows that being exposed to natural environments can uplift mood and enhance positive emotions. Bratman et al. (2019) indicate that there is a link between being in nature and improved sleep and psychological well-being, as well as a reduction in risk factors associated with mental illnesses such as depression and anxiety disorder.



**To learn more, visit <https://manoa.hawaii.edu/sow-well/>**

## Examples of Nature-Focused Coping Strategy

Use your five senses to immerse yourself in nature.

### Sight

- Noticing the natural world around you and investigate its changing nature
- Putting natural elements in your home.

### Smell

- Breathing in the fresh air.
- Smelling natural odors derived from fresh green and blooming plants.

### Touch

- Feeling the warmth of the sunlight and wind on your skin.
- Walking on the ground with your bare feet and fully feeling it.
- Picking up flowers and leaves and feeling the texture.

### Hearing

- Taking a moment and listening to the melodies nature offers.
- Making guesses about what is the origin of the sound.

### Taste

- Appreciating the food you consume and enjoying the variety of its flavor.
- Being aware of how food affects your body.

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